



## The Facility

Community Swim Complex  
3401 Monroe Street  
**602-4685**

The Swim Complex includes the 25-yard by 25-meter pool, two 1-meter and one 3-meter diving boards, a shallow play area and access ramp, six sets of bleachers and plenty of deck space. The Aquatic Building includes tiled shower areas, changing and locker facilities and rest rooms. The entire Complex is designed for easy access to all. Lockers are available if you bring your own lock and remove it daily.

**Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, which results in better safety for all users. Your cooperation is necessary and appreciated.**

### Per Admission Fees (Proof of residency required.)

Youth/Teen 17 & under..... \$2  
Adult Resident: Proof of residency required. .... \$3  
Adult Non-Resident..... \$4

### Discount Passes

Four month and one month passes are available.

## Recreation Swim

During recreation swim times: The shallow end play area is open. **An adult must accompany children under 8 in the water.** Two children under 8 are admitted free with a daily admission adult. To enter deep water you must demonstrate your swimming ability to the lifeguard. The diving boards may be available on weekends, if there is sufficient demand.

## Lap Swim ♥

Lap swim is open to persons age 16 or older. Please swim in the appropriate speed lane and circle swim if there are more than two swimmers in the lane. A pace clock, kickboards and pull-buoys are available on deck.

### FALL RECREATION SWIM SCHEDULE \*

**August 25 - December 31, 2008**

**MONDAY through FRIDAY** 10:30 am - 7 pm

*The shallow area is not available from 11-11:30 am and 1:30-2 and 3-4:30 pm from September 4 to November 8.*

**WEEKENDS** 12 noon-3 pm

### LAP SWIMMING SCHEDULE \*

**August 25 - December 31, 2008**

**MONDAY through FRIDAY**

6-7:30 am, 10:30 am - 2:45 pm, 5:15-7 pm

**WEEKENDS** 12 noon-3 pm

**SATURDAYS** only from 9:15 to 10:15 am

\*NOTE: Schedule is subject to change due to Carlsbad High School programs and special events; please call 602-4685 and select message #8 for schedule adjustments or check for updates at [www.ci.carlsbad.ca.us/cserswim](http://www.ci.carlsbad.ca.us/cserswim)



## Instructional Classes

American Red Cross standards are taught by Water Safety Instructors. Classes are held Monday, Wednesday, Friday in sessions FB and FD; Tuesday and Thursday in sessions FA and FE; Saturday and Sunday in session FC. Note that classes that do not meet minimum enrollment may be cancelled.

### REGISTRATION PROCEDURES FOR AQUATIC PROGRAMS

*Proof of residency required.*

- **On-Line Registration** for Carlsbad residents begins on Wednesday, August 13th at 7 am, and Wednesday, August 20th at 7 am for all others. Go to [www.CarlsbadConnect.org](http://www.CarlsbadConnect.org).
- **Walk-In and Phone-In (602-4685) Registration** for Fall sessions begins Monday, August 18th for residents and Wednesday, August 20th for all others. Walk-in and phone-in registration will be taken DURING OFFICE HOURS ONLY:
  - **August 18-24:** 9 am to 6 pm Monday through Friday and 12 to 3:30 pm on weekends
  - **Beginning August 25:** 10:30 am to 1:30 pm and 2:30 to 6:30 pm Monday through Friday and 12 to 3 pm on weekends on a first-come first-serve basis, with priority given to walk-in.

## Specialty Programs

### Masters Swim Program ♥

A coached fitness workout, available year-round. See flyer at the Swim Complex for more information.

Schedule: Monday-Friday: 6 a.m. and 12 noon

Saturdays: 8 a.m.

**FEE:** \$4 Resident / \$6 Non-Resident

## Aquatics Resources

These groups conduct their programs at the Swim Complex:

- Dive San Diego: (760) 201-9242, <http://dive-san-diego.org/>
- North Coast Aquatics Swim Club: (760) 720-1494, <http://www.ncaq.org>
- Carlsbad Boys Water Polo: (858) 831-1845, [www.cbap.org](http://www.cbap.org)
- Carlsbad Girls Water Polo (Ages 10-18): (513) 260-4480, <http://www.cbapolo.org/>

## Learn to Swim

### Level 1 and 2: Exploration/Primary Skills

Appropriate for students of either Level 1 or Level 2 ability. Class is combined to help ensure minimum enrollment is met. **LEVEL 1 SKILLS:** Enter and exit water independently at the steps, fully submerge face for 3 seconds, do 10 bobs, demonstrate bubble blowing, do supported front and back floats, maintain balance while walking in chest deep water, supported kicking on front and back, demonstrate alternating arm action, demonstrate reaching assist and release of cramp. **LEVEL 2 SKILLS:** Steps from the side into chest deep water, get out at side of pool, submerge and retrieve object in chest-deep water, explore deep water with support, unsupported front and back glides for 5 ft. and recovery, level off from a vertical position, beginner stroke on front 25 ft., finning and kicking on back 25 ft., demonstrate back crawl arm action, turning over front to back and back to front, put on life jacket and float face up for 1 min.

#### Swim Complex: Lane 11

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38906	3:30-4:00pm	Tu/Th	Sep 2-Oct 2	10c	\$47/\$67
38927	3:30-4:00pm	Tu/Th	Oct 7-Nov 6	10c	\$47/\$67
38930	4:40-5:10pm	Sa-Su	Sep 6-Oct 5	10c	\$47/\$67

### Level 2/3: Primary Skills/Stroke Readiness

Appropriate for students of either Level 2 or Level 3 ability. Class is combined to help ensure minimum enrollment is met. **LEVEL 2 SKILLS:** Steps from the side into chest deep water, get out at side of pool, submerge and retrieve object in chest-deep water, explore deep water with support, unsupported front and back glides for 5 ft. and recovery, level off from a vertical position, beginner stroke on front 25 ft., finning and kicking on back 25 ft., demonstrate back crawl arm action, turning over front to back and back to front, put on life jacket and float face up for 1 min. **LEVEL 3 SKILLS:** Jump into deep water from the side, Head-first entry from sitting or kneeling position in 9 ft. deep water, bobs with the head fully submerged, rotary breathing at least 5 times, front glide kick one and kick two, survival float 30 seconds, back glide kick one and kick two, back float at least 30 seconds in deep water, change from vertical to horizontal position on front and back, tread water at least 30 seconds. Swim on front: front crawl 25 meters. Butterfly kick and body motion 15 meters. Back crawl 25 meters. General water safety rules, rules for safe diving, enter the water wearing a life jacket, HELP and huddle positions 1 minute, reaching assist, discuss Check-Call-Care, Exit Skill 1.

#### Swim Complex: Lanes 9 & 10

Age: 5Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39048	3:30-4:00pm	MWF	Sep 3-24	10c	\$47/\$67
39049	3:30-4:00pm	MWF	Sep 29-Oct 22	10c	\$47/\$67

### Level 3: Stroke Readiness

**Skills taught/minimum completion requirements include:** Jump into deep water from the side, Head-first entry from sitting or kneeling position in 9 ft. deep water, bobs with the head fully submerged, rotary breathing at least 5 times, front glide kick one and kick two, survival float 30 seconds, back glide kick one and kick two, back float at least 30 seconds in deep water, change from vertical to horizontal position on front and back, tread water at least 30 seconds. Swim on front: front crawl 25 meters. Butterfly kick and body motion 15 meters. Back crawl 25 meters. General water safety rules, rules for safe diving, enter the water wearing a life jacket, HELP and huddle positions 1 minute, reaching assist, discuss Check-Call-Care, Exit Skill 1.

## Swim Complex: Lanes 9 & 10

Age: 5Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39050	4:40-5:10pm	Sa-Su	Sep 6-Oct 5	10c	\$47/\$67

## Parent and Child Aquatics

### Parent Infant/Tot Aquatics

For parents (one or both) and infants ages 6 months to 3 years. Emphasis is placed on water adjustment. **NOTE:** infants must wear plastic pants or aquatic diapers over/under their suits while in the water. **SKILLS TAUGHT INCLUDE:** Water adjustment and entry; bubble blowing; underwater exploration; front float, glide, and leg action; back float, glide and leg action; rolling over; and choosing/using life jackets. All skills require parent contact.

#### Swim Complex: Lane 11

Age: 6M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38841	11:00-11:30am	Tu/Th	Sep 2-Oct 2	10c	\$47/\$67
38842	11:00-11:30am	MWF	Sep 3-24	10c	\$47/\$67

### Pre-School Aquatics Combo 1 and 2

Appropriate for students 3 to 5 years old of PSA 1 or PSA 2 ability. Class is combined to help ensure minimum enrollment is met. Parent participation is required. **PSA 1 SKILLS TAUGHT INCLUDE:** Water adjustment, blowing bubbles, front and back floats and glides with support and kicking, alternate arm action in chest deep water. **PSA 2 SKILLS TAUGHT INCLUDE:** Water adjustment, fully submerge and retrieve objects under water, orientation to deep water, 10 bobs, turtle float (5 sec.), rhythmic breathing to side (5X), unassisted front and back floats and glides (5 sec.), combined stroke on front with breathing to front or side (20 ft.), combined stroke on back (20 ft.), rolling over and changing directions.

#### Swim Complex: Lane 11

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38873	1:30-2:00pm	Tu/Th	Sep 2-Oct 2	10c	\$47/\$67
38874	1:30-2:00pm	MWF	Sep 3-24	10c	\$47/\$67
38875	3:00-3:30pm	Tu/Th	Sep 2-Oct 2	10c	\$47/\$67
38876	3:00-3:30pm	MWF	Sep 29-Oct 22	10c	\$47/\$67
39046	3:00-3:30pm	Tu/Th	Oct 7-Nov 6	10c	\$47/\$67
39047	4:05-4:35pm	Sa-Su	Sep 6-Oct 5	10c	\$47/\$67

### Pre-School Aquatics Combo 2 and 3

Appropriate for students of PSA 2 or PSA 3 ability. Class is combined to help ensure minimum enrollment is met.

#### Swim Complex: Lane 11

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39024	4:00-4:30pm	Tu/Th	Sep 2-Oct 2	10c	\$47/\$67
39026	3:00-3:30pm	MWF	Sep 3-24	10c	\$47/\$67
39033	4:00-4:30pm	MWF	Sep 3-24	10c	\$47/\$67
39034	11:00-11:30am	MWF	Sep 29-Oct 22	10c	\$47/\$67
39035	1:30-2:00pm	MWF	Sep 29-Oct 22	11c	\$47/\$67
39036	4:00-4:30pm	MWF	Sep 29-Oct 22	11c	\$47/\$67
39037	11:00-11:30am	Tu/Th	Oct 7-Nov 6	10c	\$47/\$67
39038	1:30-2:00pm	Tu/Th	Oct 7-Nov 6	10c	\$47/\$67
39039	4:00-4:30pm	Tu/Th	Oct 7-Nov 6	10c	\$47/\$67
39041	4:05-4:35pm	Sa-Su	Sep 6-Oct 5	10c	\$47/\$67